






# Exercise and Activity Timetable

Wednesday 1<sup>st</sup> March – Friday 31<sup>st</sup> March

Hotel & Day Spa Guests – Costs are  
**£8.50 a class (<30min) or £10 (>30min). Virtual Classes £5**  
 To Book: 01255 863420 or visit Spa Reception

All classes take part in the Exercise Studio, except for the Meditations (Relaxation Room) and Aqua (Swimming Pool)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
07.30-08.00	Body Con Marion 	07.30-08.10	Strength Circuits + Stretch (V) 	07.30-08.15	Legs, Bums & Tums (V) 	07.30-08.15	Circuits Lottie 	07.30-08.15	Barbells Lottie 	08.30-09.00	HIIT Sarah C 	08.30-09.00	Core Conditioning Marion 
08.15-08.45	Aqua Marion 	08.15-08.45	HIIT (V) 	08.30-09.00	Lifecycle (V) 	08.30-09.15	Lifecycle Lottie 	08.30-09.00	Lifecycle Lottie 	09.10-09.40	Body Con Sarah C 	09.10-09.40	Pilates Stretch Marion 
09.00-10.00	Pilates Marion 	09.15-10.00	Abs & Stretch (V) 	08.30-09.00	Aqua Natasha 	09.45-10.30	Abs & Stretch Lottie 	08.30-09.00	Aqua Natasha 	09.50-10.35	Stretch & Flow Sarah C 	10.00-11.00	Dynamic Vinyasa Yoga Jocelyne 
10.30-11.45	Apanevada Yoga Ria 			09.15-10.00	Pilates* Natasha 	11.00-12.00	Qi Gong Ruth 	09.15-10.00	Legs, Bums & Tums Natasha 	11.00-12.00	Pilates Marion 	11.15-12.00	Lifecycle (V) 
		11.15-12.15	Restorative Yoga Jocelyne 	10.10-10.55	Core Stability* Natasha 	12.30-13.30	Meditation Sarah D 	10.10-10.55	Core Stability* Natasha 	12.10-12.55	Dance Fit Marion 	12.10-12.40	Body Con (V) 
16.45-17.45	Alchemy Crystal Sound Bath Meditation Lesley 	14.00-15.00	Let's Dance Marion 	11.15-12.15	Hatha/ Vinyasa Yoga Jocelyne 			11.05-11.50	Pilates* Natasha 	12.30-13.30	Meditation Sarah D 		
17.00-17.30	Barbells Lottie 	15.05-15.35	Pilates Yoga Marion 			17.00-17.30	Lifecycle (V) 	12.30-13.30	Meditation Ria 			16.00-17.00	Apanevada Yoga Ria 
17.35-18.05	Stretch Lottie 	17.00-17.30	Lifecycle Lottie 	17.20-17.50	Total Body Con Natasha 	17.30-18.30	Power Yoga Ria 			16.00-17.00	Hatha/ Vinyasa Yoga Jocelyne 		
18.00-19.00	Alchemy Crystal Sound Bath Meditation Lesley 	17.35-18.35	Hatha/ Vinyasa Yoga Jocelyne 	18.00-18.30	Swiss Ball Natasha 	18.45-20.00	Yin Yoga Ria 	16:15-17:30	Prana Flow Yoga Praji 				
19.15-20.30	Yin Yoga Ria 	18.45-19.45	Resistance Bands Ria 	18.40-19.25	Pilates* Natasha 			18.00-19.00	Hatha/ Vinyasa Yoga Jocelyne 				

-  Strength based class using weights
  -  Relaxing class
  -  Cardiovascular workout
  -  Floor based workout
- (V) = Virtual class in studio, will play automatically

**\*Please note that these classes are for Members Only**

A virtual version of a class will be played if a **minimum of 3 people** is not met.

**You must be booked onto a class to attend.**

**The Studio will be closed from 15:45-17:00 Mon-Thurs for staff classes**

### Class Changes/Cancellations (Subject to Change)

Mon 13<sup>th</sup> & 20<sup>th</sup> – Alchemy Meditations cancelled  
 Mon 20<sup>th</sup> – Yin Yoga – 2hr Spring Equinox Special  
 Weds 22<sup>nd</sup> – Aqua cancelled, (both) Pilates, Core, TBC and Swiss Ball replaced virtually  
 Fri 24<sup>th</sup> – Lifecycle and Core replaced virtually, Pilates replaced with Abs & Stretch for 45min  
 Weds 29<sup>th</sup> – Core Stability (am) replaced with Swiss Ball. Total Body Con replaced virtually.  
 Sat 25<sup>th</sup> – Abs & Stretch replaces Pilates, moved to 10:45. Dance Fit replaced virtually (30min)

# Exercise and Activity Class Descriptions

**Alchemy Crystal Sound Bath Meditation** - Come along and learn powerful techniques to train your mind and heart. Transform your life to bring in more positivity and light. The Alchemy crystal bowls emit a pure resonance which vibrates through the body bringing balance into the systems.

**Apanaveda Yoga** - A slow but strong yoga practice, where the breath initiates and inspires all movement.

**Aqua** - Improve stamina, strength and suppleness with this fun water based class.

**Barbells** – An intensive strength training class that incorporates barbells for a workout that will build muscle and burn fat.

**Body Conditioning** - A Class using compound moves, weights + body weight to tone & condition the whole body.

**Core Conditioning** – Tone and strengthen abs to support functional movement.

**Core Stability\*** - A session with a Physiotherapist working on your core stability and posture. This class is for Members only.

**Dance Fit** - From chart hits, Latin rhythms, classic tunes and everything in between. Fun and energetic, a whole body experience. Golden Dance Fit is more appropriate for those looking for a more gentle class.

**Dynamic Vinyasa Flow Yoga** - Increase your strength and flexibility with this energetic flowing sequence based class.

**Hatha/Vinyasa Flow Yoga** - A class for mixed ability practitioners without health restrictions, focusing on strength, flexibility and relaxation.

**Legs, Bums & Tums** - Shape up and burn fat as you lunge, step and squat your way to fitness in fun class, using both weights and your own bodyweight.

**Let's Dance** - For all ages and abilities. It works the entire body to develop strength and stamina, while firing up the brain cells. Music old and new to lift your mood and improve your well-being.

**Life Cycle** - Your instructor will guide you through steady up-tempo cadences, sprints, climbs and body positions on your static studio bike to get you fast results.

**Lifehouse HIIT** - A high intensity workout involving a high number of reps and sets.

**Meditation** - An opportunity to clear and calm the mind for the day, to experience more clarity, ease harmony and balance in your life.

**Pilates** - Pilates is a system of controlled exercises that engage the mind and condition the total body.

**Pilates Stretch** - Tone and strengthen, walk away stronger and taller.

**Power Yoga** – A class for mixed ability, and an alternative for strength and weight bearing, designed to put you through your paces.

**Prana Flow Yoga** – This class is a pure mix of Pranayama (Breathing techniques) to improve your breathing, Asana (Postures) to improve strength and flexibility and guided meditation to help you relax completely.

**Qi Gong** - Qi Gong is similar to Tai Chi but easier to learn. Qi Gong uses slow, graceful movements combined with controlled breathing to promote circulation of Qi (energy) within the body to produce a sense of calmness and well-being. Qi Gong is for all ages and loose-fitting clothing and non-slip socks are the only equipment required.

**Resistance Bands** – Your instructor will guide you through a full body workout using resistance bands, followed by a deep stretch. **\*Please bring your own band if possible\***

**Restorative Yoga** - Calm your mind, relax your body and restore your energy, with Restorative Yoga

**Stretching** - Comprehensive stretching programme designed to compliment high impact classes and bring balance to your work out.

**Stretch & Flow** – Pilates and Yoga fusion class to work the core and stretch the whole body.

**Studio Strength** - Work out using dumbbells, bodyweight, barbells, Swiss balls, the lot! Aims to condition the whole body to get the most from your resistance session!

**Swiss Ball** - In this class you will use the large inflatable stability balls to improve your balance, strength and muscle tone.

**Total Body Con** – Full body conditioning split into upper/lower, cardio and stretch elements.

**Wake Up Workout** - A combination of aerobic and strength conditioning exercises to energise you for the day.

**Yin Yoga** - A slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more.

## Terms and Conditions

If you are a guest and cannot attend a pre-booked class, please be sure to cancel 24HRS BEFORE the class begins to avoid a full charge.

**Note for Pregnant Women** - Restorative yoga is suitable for pregnant women. If you have never done yoga before, our other yoga classes will not be suitable. If you were a seasoned practitioner BEFORE pregnancy and are currently taking pregnancy yoga classes, then you may join our other yoga classes providing you are familiar with the recommended poses that are suitable for you during pregnancy.